

## Platelet-Rich Plasma (PRP) Injections

### Patient Information

#### What is Plasma?

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Your blood contains red blood cells, white blood cells and plasma. Plasma contains a high concentration of cells called 'platelets' Platelets promote healing in tendons.

#### How do we extract the plasma?

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We take 10ml of your blood, the same as having a blood test. We spin your blood down in a centrifuge to separate the red and white blood cells from the plasma. This takes 10 minutes.

We take the plasma (full of platelets) from the top of the sample and our specialist doctor injects this into the tendon.

#### Why do we use plasma instead of blood?

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There are two benefits of plasma:

1. Plasma has a higher concentration of platelets than normal blood.
2. Simply injecting your own blood may lead to a painful inflammation of the area. Using plasma greatly reduces the likelihood of inflammation.

If the sonographer is able to identify the sex, you may request they verbally tell you this. At Radiology Tasmania we do not make written documentation of your baby's sex.

#### When is a plasma (PRP) injection beneficial?

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A PRP injection is used to treat a range of tendon and joint injuries, such as tendinitis, tendon tears and tendinopathy. The procedure has a 70% - 80% success rate.

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#### Do I need to prepare for the injection?

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Yes, you need to stop taking anti-inflammatories (for example, Nurofen, Voltaren, Celebrex) for one week before a PRP injection. We also need to know if you have:

- An active infection
- A low platelet count
- You take blood thinners, for example, warfarin, aspirin, plavix

#### How long does it take to work?

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It usually takes 4–6 weeks for the full effect. Sometimes a second injection is needed. You should visit your doctor to review progress.

#### Is it painful?

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The injection of the plasma can cause pain, depending on the area being treated. We may use local anaesthetic to make the procedure as painless as possible. The anaesthetic lasts for 12–24 hours and you